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COOLING TRENDS

AS SUMMER WINDS DOWN, WHAT'S HOT IN FASHION?

FALL STYLE {page 21}

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Dog OK after cruel attack

- Family pet found wandering an Okotoks road with arrow sticking out of his side
- Eddie expected to make full recovery within the next eight weeks

Eddie the dog, alongside owner Paul Gill, is recovering from being shot with an arrow in Okotoks.

After having his stitches removed yesterday, Eddie the dog is on the road to recovery.

On Aug. 8, Amy Gill was driving into town from her rural property in Okotoks when she saw Eddie wandering on the road about three kilometres from home.

"I got out to grab him and put him in the car to take him home and I noticed the arrow sticking out," said Gill.

Her husband, Paul, and her sister-in-law rushed the four-year-old Great Pyrenees to the C.A.R.E. Centre Animal Hospital, where Eddie underwent surgery.

"He's part of my family, he's one of my children ... he's my boy's best friend, he's my husband's best friend."
AMY GILL, EDDIE'S OWNER

"For six hours we sat here wondering what Eddie's fate was going to be," said Gill.

He is now recovering from the surgery, but Okotoks RCMP are looking for leads as to who may have shot Eddie.

"We did follow up on a couple (of) leads, but have since ruled those out," said Const. Kristen Ryan of the Okotoks RCMP.

Those with any information can call 403-938-7046.

KATIE TURNER

Canada

Peace, order and Internet?

- Report calls for access to high-speed Internet to be made a basic right for Canadians
- Economic and democratic benefits cited {page 5}

Onto the small screen for Julia

Roberts focuses on program for Oprah's new network {page 13}

French flair on First Street

Lunch Rush samples L'Epicerie {page 27}

Like it or not, it's that time of year again

Back-to-school Guide {page 29}

CFL fans throw the flag

Dan Toth on that tricky pass interference rule {page 34}

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C100919	2010	CHEVROLET	TRAVERSE	22 from	$37,505	$2,000.00	$32,690	$1,500.00	$1,500.00
P100725	2010	GMC	1500 SIERRA	54 from	$27,785	$6,000.00	$17,936	$3,000.00	$1,500.00
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P100218	2010	GMC	CANYON	9 from	$25,385	$7,300.00	$15,646	$750.00	$1,500.00
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AMVIC LICENSED

Grave mistake has police seeking dead man's real ID

PHOTO COURTESY OF CALGARY POLICE SERVICE

▶ Police ask anyone with information about this man to contact them.

In Queen's Park Cemetery, there lies a grave with a headstone much like any other — except that the name belongs to a Calgary man who is still alive.

Now police are asking for help to figure out who's in the ground. In May, police pulled over a man for a routine traffic stop and were quite surprised to discover he was listed as deceased when they ran his name.

After clearing up the identity of the man through fingerprinting, police found a man had used the victim's Health Card and Social Insurance Number to get health care in May 2009 and died in hospital.

"It's not something that's ever come up before," Const. Carlos de Menezes said.

Menezes said the emergency contact who identified him, the person who paid for the deceased's funeral, and the victim of the identity theft only knew the dead man by his Chinese nickname, Golo.

"He's grossly annoyed that this has happened to him," said Menezes of the victim, adding they ran in the "same social circles."

There are major complications that come from being legally dead including pension and credit issues that the victim is painstakingly trying to clear up.

"He's obviously concerned about the ramifications of this."

PETER MCCARTNEY

Study helps survivors put mind over cancer

Psychologist says 35 per cent of breast cancer patients experience 'disturbing' levels of distress

BRETTE EHALT
CALGARY@METRONEWS.CA

BRETTE EHALT/FOR METRO CALGARY

▶ Study participant Lynne Kenney, 71, learned how to mentally recover from cancer.

"Mindfulness has become part of my day to day living. I don't know what I'd do without it."
LYNNE KENNEY, PARTICIPANT

Mindfulness and awareness — these are the gifts one breast cancer survivor received from a Calgary-based research program.

Lynne Kenney, 71, was part of Dr. Michael Speca's study that is measuring how breast cancer survivors respond to different stress reduction programs.

"Often emotions become more intensified after treatment is over," said Speca, a clinical psychologist. "Issues that were in the background during treatment come up. Women may ask, 'What does this mean for my life?'"

So far, more than 100 participants have been randomly assigned to one of three programs: a 12-week group therapy program, an eight-week mindfulness program, or a one-day coping-skills seminar.

Kenney, who was diagnosed at 67, completed the program in 2009. Through meditation and yoga, Kenney became mindful of body tension and "black thoughts." She also learned the power of deep breathing, which has helped her not only recover from cancer, but also the death of her husband in April. Currently, Speca is looking for 30 more survivors to become part of his Stress and Health in Breast Cancer Survivors Study.

Cops extend Keep It Locked

The Calgary police are extending the Keep It Locked program after high success since its inception in May.

Police in District 8 have been leaving door hangers inside or directly informing homeowners when they come across a home which would be easily broken into, often with an open garage door. "Feedback has been positive so far," said Insp. Blair White, "residents from our communities are getting the message." He said there's been a drop in break and enters through "insecure methods" in his district. "We're only human. Sometimes we can be tricked into a false sense of security," said White.

40 The percentage in the drop of break and enters in District 8.

PETER MCCARTNEY /FOR METRO CALGARY

▶ Insp. Blair White speaks to reporters about the Keep It Locked program.

PETER MCCARTNEY

News in brief

McCann cash pouring in

MISSING CASE. Donations are flooding in by the thousands to help find Lyle and Marie McCann, the elderly St. Albert couple who disappeared July 3.

On Monday, the couple's children asked for the public's help in building a special cash reward to give to anyone with information on the case.

METRO CALGARY

Shopping mall celebrates year

SHOPPING. It's only been a year, but seven million people have already strolled through the doors of CrossIron Mills in Balzac. One year ago today, the mall opened.

METRO CALGARY

1 news

News on the move

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On the web at metronews.ca

A decision to ban kites from a Toronto park isn't flying too well with fans of the pastime. Watch video at metronews.ca.

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BRETTE EHALT/FOR METRO CALGARY

▶ The City of Calgary prides itself on its hanging flower baskets.

Bloomin' baskets

City strategically chooses flowers to look better longer with less work

BRETTE EHALT
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Take some time to smell downtown's begonias.

Every spring and summer, enthusiastic city employees beautify the core with hundreds of beautiful hanging baskets and this summer is no exception.

According to Maggie Thompson, of the city's parks department, there are currently 136 baskets in Prince's Island Park, 130 along the promenade (from Sien Lok to 10 Street), and 38 in Eau Claire Market.

More can be found at Olympic Plaza, Municipal Plaza, East Village, and along Stephen Avenue.

"It adds brightness, colour and vibrancy to the urban setting," she said. "They are a wonderful photo opportunity for visitors and residents alike. We receive many positive comments on them."

"I'm so happy to do this. I see how they soothe people."
A CITY OF CALGARY GARDENER WORKING ON THE BEGONIAS

Baskets are funded by several city departments and by organizations, such as Calgary Municipal Land Corp. and the Downtown Business Association, but city staff design and plant the baskets, explained Thompson.

A typical 24-inch wire and burlap-lined basket, including materials and upkeep, costs about $135, said Thompson, adding that wire frames and chains are reused to keep prices down.

The top three plants are trademark varieties of petunias, dragon wing begonias and non-stop tuberous begonias, Thompson added.

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HOT BUY* $59.99

Muscletech Vitakic (150 cap)
HOT BUY* $41.99

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HOT BUY* 2.2 lb - $29.99 6 lb - $68.99 10 lb - $107.99

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News in brief

Anti-oilsands ads hit U.K.

ENVIRONMENT. Rethink Alberta went international yesterday, launching their campaign against the oilsands in the United Kingdom.

The group has posted 11 digital ads in London, asking those in England to take the pledge not to visit Alberta. Originally launched in mid-July, Rethink has also produced a website and a damning YouTube video.

Service to be held for missing man

PLANE CRASH. Friends, family and co-workers will gather at a northwest church Friday to honour a missing Calgary man who is believed to have died in a plane crash.

Dennis Forgeron, along with Ronald Johnston, also from Calgary, went missing Aug. 5 off the coast of Nova Scotia. Forgeron is the founder and former CEO of Calgary-based Forent Energy.

13th mayoral hopeful is new to politics

ELECTION. Lucky number 13 has entered the mayoral race in the form of candidate Derek McKenzie. Though he has no political experience, McKenzie, 38, has lived in Calgary for 16 years and has said he believes his non-political background is a positive thing. He is a single dad who works for a utility company.

EI recipients down again

LABOUR. For the third consecutive month, the number of employment insurance beneficiaries in Calgary has dropped, according to a Statistics Canada release.

In June 2010, the number of those receiving regular benefits fell from 19,300 to 14,600, said the release. Overall, since May 2009, claims in Alberta have dropped by a third. METRO CALGARY

Pakistan. Flood relief

▶ A boy reaches out for relief food at a camp near Sukkur in southern Pakistan yesterday.

SHAKIL ADIL/THE ASSOCIATED PRESS

World turns its back on victims

The scenes from flood-hit Pakistan are wrenching, but the global response to pleas for relief funds has been sluggish. The United Nations says it has yet to raise half its $460-million target. The World Health Organization has received commitments for just 25 per cent of the $56 million it has asked for. Some 1,500 people have died in the floods, triggered by monsoon rains.

Feds say sorry to Inuit 'exiles'

The federal government is saying sorry to the Inuit families who were taken from their homes and moved to remote High Arctic islands in the 1950s.

Newly appointed Indian Affairs Minister John Duncan is offering the apology in Inukjuak in northern Quebec, the community where many of the so-called High Arctic Exiles were originally from.

THE CANADIAN PRESS

Click on this: Everyone has a right to Google

That's the 'free the Internet' message being sent to the feds Finland, Spain open the web to all citizens

Should every Canadian have the right to Google, stream YouTube videos, and tweet their random nothings from the comfort of their own home?

The non-profit Public Interest Advocacy Centre says we should.

It's calling on the federal government to follow the lead of Finland and Spain.

On July 1, Finland became the first country in the world to declare that its citizens should have the right to high-speed Internet access.

Spain plans to enshrine the same right to reasonably priced broadband access sometime next year.

"The Internet, and in particular broadband services, are important both in terms of the economy of Canada and the individual lives of Canadians," said Michael Janigan, executive director and general counsel of the PIAC.

A report by the PIAC recommends that high-speed Internet be declared a basic service.

Similar telephone access was mandated by the Canadian Radio-television and Telecommunications Commission more than 10 years ago.

"It was discovered that in order to be a full participative member of society access to a telephone service was required," Janigan said.

The CRTC is in the process of conducting public consultation.

THE CANADIAN PRESS

Internet options

The federal government has had previous requests for open broadband access.

1. The National Broadband Task Force recommended high-speed Internet for all residents and businesses by 2004.
2. Another report called for it by 2010 "at the latest."

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News in brief

Fire won't stop Titanic probe

ST. JOHN'S, N.L. A small fire broke out aboard a research vessel days before it is scheduled to leave Newfoundland for an expedition to the Titanic shipwreck.

But a spokesperson for the expedition says it will leave St. John's on Sunday as scheduled.

Scientists plan to assess the deteriorating condition of the Titanic and create a detailed three-dimensional map of the wreckage, nearly 100 years after the ship struck an iceberg and sank to the bottom of the North Atlantic.

THE CANADIAN PRESS

Cockfighting ring alleged

TECUMSEH, Ont. The Ontario Society for the Prevention of Cruelty to Animals has stopped an alleged cockfighting ring in southern Ontario.

Two men, both of Tecumseh, have been charged with owning or possessing equipment or structures used in animal fighting or training.

The OSPCA alleges the birds were outfitted with knives on their legs.

THE CANADIAN PRESS

Kidnapped mayor killed

MONTERREY, Mexico. The kidnapped mayor of a northern Mexican town has been found dead.

It was the latest in a rash of deadly attacks on political figures in an area besieged by drug-gang battles.

Santiago Mayor Edelmiro Cavazos' hands were bound and his head was wrapped in tape.

THE ASSOCIATED PRESS

...into a nightmare

Will pep rallies end string of suicides at giant factory in China? Safety nets installed to catch jumpers

Young workers who normally spend their days assembling iPhones and other high-tech gadgets packed a stadium yesterday, waving pompoms and shouting slogans.

It was a rally in Shenzhen, China, to raise morale after a string of suicides at a company's heavily regimented factories.

The outreach to workers shows how the normally secretive Foxconn Technology Group has been shaken by the suicides.

"For a long period of time, I think we were kind of blinded by our success," said Louis Woo, special assistant to Terry Gou, the founder of Foxconn's parent company.

"We were kind of caught by surprise."

▶ Foxconn workers dressed as women were stars yesterday at a rally to boost morale.

The company has already raised wages, hired counsellors and installed safety nets on buildings to catch would-be jumpers.

Other changes include job rotation so workers can try different tasks and grouping dorm assignments by home province so workers don't feel so isolated.

The rally took place at Foxconn's mammoth industrial park in Shenzhen, which employs 300,000 and where most of the suicides have taken place.

THE ASSOCIATED PRESS

Foxconn's fame

Foxconn has built itself into the world's largest contract maker of electronics. Its customers include Apple, Sony, Dell and Nokia.

- **The claims** Activists say the firm's success has come by driving workers too hard, operating a too-fast assembly line and requiring excessive overtime.
- **The denial** Foxconn says it does not treat its employees inhumanely.
- **The background** The firm's troubles highlight Chinese workers' growing dissatisfaction with the low wages and pressure-cooker working conditions that have helped turn the country into a manufacturing powerhouse.

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Rocky View: CrossIron Mills

Liberals plead for protection against oilsands

Grits' report recommends Ottawa fund research into impact of oilsands on fish, wetlands, water levels

LARRY MACDOUGAL/THE CANADIAN PRESS

▶ Oilsands tailings are pumped into a settling pond near Fort McMurray, Alta.

Federal Liberals say the Harper government is in denial about the negative impact of oilsands development on Alberta's freshwater supplies.

They're calling on the government to fulfill its constitutional and legal obligations to protect fisheries and the health of aboriginal communities who live downstream from the massive energy projects in northern Alberta.

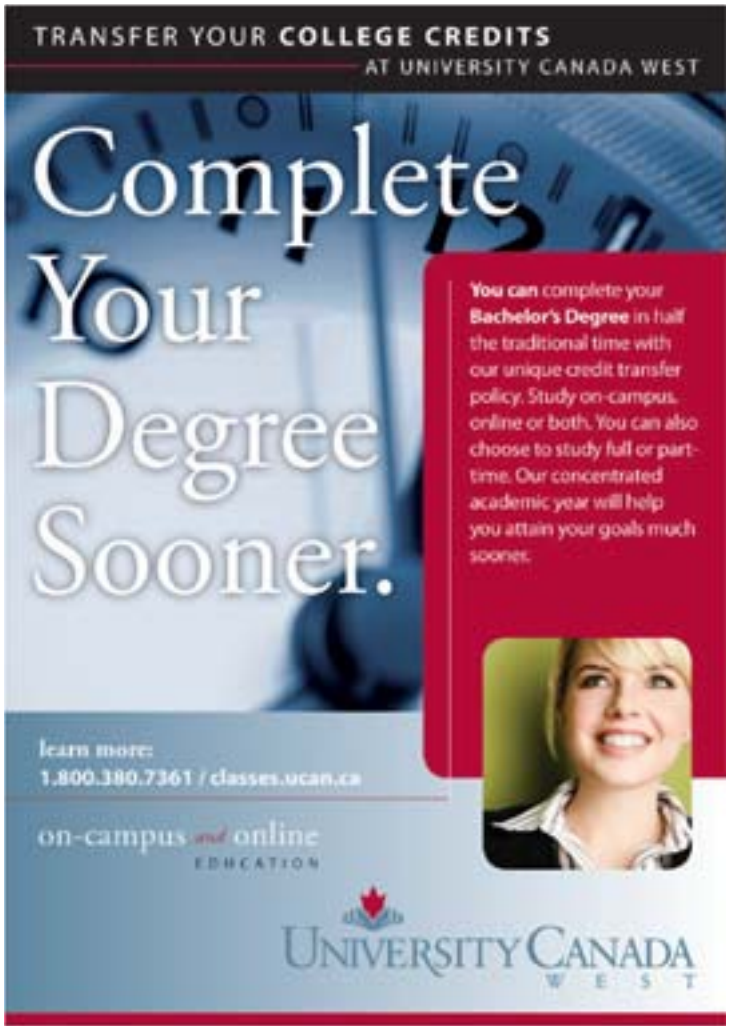
The Liberals' plea for urgent action comes just as U.S.-based environmental groups are expanding a controversial anti-oilsands ad campaign to Britain.

Billboard ads urge Britons to "think again" about visiting Alberta and feature grisly pictures of oil-soaked ducks found dead in an oilsands tailing pond.

The Liberal report accuses the government of effectively abdicating its responsibility to protect the quality of the water in the Athabasca River basin and the health of downstream native communities.

The report says toxic seepage from the tailing ponds and surface water runoff may be contaminating the Athabasca River. It adds the oilsands extraction process requires vast amounts of water drawn from the river, potentially lowering water levels and harming fish and fish habitat.

THE CANADIAN PRESS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BoC: Tighter bank regulations vital

The Bank of Canada says imposing tougher capital and liquidity requirements on banks would reduce the frequency and severity of any future global financial crises and the threat they would pose to Canada's economy.

The central bank said in a report released yesterday that the benefits of revised requirements would far outweigh the short-term costs that banks would likely pass along to consumers.

It believes that the net benefit to Canada would amount to $200 billion, or about 13 per cent of the country's gross domestic product, based on conservative estimates of the cost of financial crises to Canada.

"The Bank calculates the potential benefit from a reduced incidence of crises to be approximately half a trillion dollars," it said in the report.

THE CANADIAN PRESS

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Report backs offshore drilling

Senate findings follows massive Gulf oil spill ◗ NDP says report didn't study issues deeply enough

A Senate report has found no good reason to ban offshore drilling in Canadian waters.

The Senate energy and environment committee says Canadian regulations governing offshore drilling are tough enough.

"We could not identify any justification for a temporary or permanent ban or moratorium on current offshore operations," says the committee report released yesterday.

"Any future offshore operations authorized to take place in Canadian jurisdiction, be they in Arctic waters, off the Pacific coast or off Atlantic Canada, will be well and carefully regulated."

THE CANADIAN PRESS

Recommendations

- **Only one** The report notes only one drilling project — the Chevron Lona O-55 exploratory well off the coast of Newfoundland — is underway in Canada. There are no offshore operations off the Pacific coast or in Arctic waters.
- **Prepare** The report recommends that everyone responsible for cleaning up oil spills practise and prepare for an accident before one actually happens.
- **Projects** There are some active oil-and-gas projects already underway off the coasts of Newfoundland and Nova Scotia.

Seattle. Reaction

▶ Protesters outside a hotel in Seattle Tuesday.

ELAINE THOMPSON/ASSOCIATED PRESS

Obama visits Seattle

U.S. President Barack Obama took part in a round-table discussion Tuesday with small business owners at Grand Central Baker, in Seattle, to talk about jobs. The visit by Obama was his first to Washington state since his election.

EI claims rose in June

27.4 The percentage drop in claims since their peak in May 2009 — down 89,700, or 27.4 per cent.

Statistics Canada said yesterday the number of people who received regular employment insurance benefits climbed for the third straight month in June.

The agency said 691,600 people received regular benefits in June, up 8,400 from May and the third straight month of small increases.

Despite the recent gains, the number of beneficiaries has fallen by 137,700, or 16.6 per cent, since the peak in June 2009.

The number of beneficiaries rose in nine provinces in June, with Ontario registering the only decline.

The most notable increases occurred in Quebec and New Brunswick.

The number of initial and renewal claims received in June edged up by 4,900 to 238,000 after small increases in April and May.

The fastest rates of decline since last year's peak came in Ontario (down 38.2 per cent), Alberta (down 30.6 per cent) and British Columbia (down 23.4 per cent).

THE CANADIAN PRESS

N.L. appeals pollution case

The Newfoundland and Labrador government is appealing a Quebec court ruling on the environmental mess left by insolvent paper company AbitibiBowater to the Supreme Court of Canada.

The province wants to force Abitibi to clean up five sites it ran between 1905 and 2008.

They include a defunct Grand Falls-Windsor paper mill in central Newfoundland that the government expropriated in December 2008.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 52.44 (11,781.08)	+ 0.40¢ (97.21¢ US)	– 35¢ US ($75.42 US)	$4.239 (– 2.8¢)

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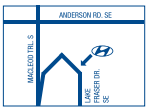

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MARRIAGE: AN UNNECESSARY MILESTONE

He says ...

JOHN MAZEROLLE

This is marriage season in my family.

There's the summer anniversary of my very Catholic brother and his very Catholic wife, who pops off babies like a Gremlin when you get it wet.

There's the fall anniversary of my parents, who have been dating since they were zygotes and who make eHarmony couples seem jaded and cynical.

And there's my sister, who is marrying her girlfriend on the "28st" of August, according to her delightfully flawed wedding invitations.

Also there's me: I have my divorciversary.

I've been separated from my wife for a year-and-a-half. I may, therefore, be coming from a somewhat-biased perspective when I say I don't understand how marriage became a necessary ingredient for happiness.

At some point in human history, marriage became a mandatory milestone in any life, on that timeline that starts with Baby's First Spit-Up ensconced in a scrapbook and ends with a quiet, dignified death surrounded by family members who keep casually bringing up the will.

"To 'miss out' on marriage is to spend a life dealing with people who wonder what went wrong. People might not think you're a failure, but you're not going to get an A-plus with an 'incomplete.'"

To "miss out" on marriage is to spend a life dealing with people who wonder what went wrong. People might not think you're a failure, but you're not going to get an A-plus with an "incomplete."

And if marriage disintegrates, it's always treated like a tragedy. This reached its most ridiculous point during the Tiger Woods ordeal when the front of People magazine asked, "Can Tiger save his marriage?"

Will the Hindenburg fly again? Can Stalin be revived? Can we bring back the Fox puck? Why would we want to?

By default we assume that staying married is the "right" path. Nobody after a sex scandal ever says, "You know what? I'm sorry I hurt so many people, but I've re-evaluated and marriage was a bad choice for me. I move forward regretful but wiser."

Here's what I think: I think getting married is like getting an engineering degree. Engineering degrees are awesome, a wonderful accomplishment, but they're not for everyone, and there's no shame in not getting one. And if you forced everybody to get one a lot of bridges would collapse.

Marriage can work for many people, maybe even me some day.

But it should only be a No. 1 priority for some. For others, it needn't rank higher than 28st.

Cartoon

MICHAEL DE ADDER

Defending bike helmets

Letters & Tweets

HALIFAX. Tom Trottier's letter titled Helmets great, laws aren't (Aug. 17) paints a picture of helmet usage that does not jive with that of the credible sources on this issue.

To imply that the law requiring helmet use discourages the healthy physical activity of bicycle riding and is therefore counterproductive is misguided. To further refer to "studies in Nova Scotia and Australia and other places" without citing sources is a slippery slope on the road to credibility.

Recent studies by the Department of Epidemiology and Community Medicine at the University of Ottawa have clearly shown that helmet laws in Alberta and PEI have had no impact on the number of cyclists in these provinces. More importantly, they also show that helmet legislation is strongly associated with helmet usage — 73 per cent of cyclists don helmets in Nova Scotia, where legislation applies to all ages, compared to 41 per cent in Ontario where the law only applies to those under 18.

For the sake of the many "noggins" out there that need protecting — including Tom Trottier's — let's support bicycle helmet legislation.

SHIRLEY ANN ROGERS
DR. NATALIE YANCHAR
DR. SIMON WALLING
DR. JOHN TALLON

Noggin protectors

PAUL CHIASSON/THE CANADIAN PRESS

What reality TV show would you like to go on?

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Metro Minute at Olympic Plaza

If you haven't seen a celebration landscape before, you should check out at least one of the six that currently reside in Olympic Plaza.

Representations of soaring birds, aspen tree trunks, Richardson ground squirrels, wooden picnic blankets, and planted foam trees, along with pergola music, have transformed the Plaza into a more interactive space.

These temporary installations were provided by various designers to help celebrate the City of Calgary Parks' 100th anniversary.

To read more about these art pieces, go to calgary.ca/parks.

BRETTE EHALT

BRETTE EHALT/FOR METRO EDMONTON

▶ Surrounded by pink Richardson ground squirrels, Derek McWilliam, visiting from Saskatoon, checks his BlackBerry.

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2 scene

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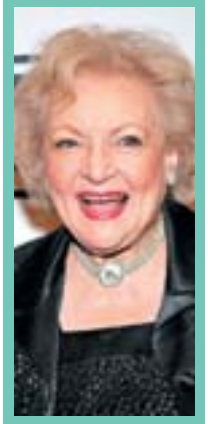

The next stage in Betty White's ever-rising career: books. The 88-year-old actress has a two-book deal with G.P. Putnam's Sons, starting in 2011 with Listen Up! The publisher said yesterday that the book will include what White has learned over "her incredibly varied, decades-long career in Hollywood." Subjects will include life, love, sex and celebrity.

THE ASSOCIATED PRESS

Find out what 93-year-old actor is getting a lifetime achievement award from the Screen Actors Guild.

With piranhas set to take over movie screens take a look at some of the other scary animals that have made movie history From birds, bears, ants, dogs and, of course, sharks, nature has plenty of options to make your spine tingle

Roy Scheider is definitely going to need bigger boat if he wants to mess with Jaws.

Hollywood's Man-eaters chew up the screen

Animals are our furry, cuddly companions, unflaggingly loyal and pure of spirit — except for when they want to eat us, that is.

Hey, cycle of life, man. Sunrise, sunset.

I's time to look at the the best live-action animal movie that have a dark side ... if you dare. With Piranha 3D swimming into theatres and zooming right into your face, here's a look at the best of what happens when animals attack:

Jaws (1975)

It defined what we've come to know as the summer movie season. It was the first blockbuster — which, in retrospect, seems like a quaint notion. But its thrills and chills and suspense are just as fresh now as they were 35 years ago. Sure, the mechanical shark that preys on Amity Island looks a little, well, mechanical compared to the CGI effects that are available today.

But in his youth, Steven Spielberg was wise enough to know that it's what you don't show — what you just suggest — that's even more frightening. And John Williams' startling score was simplicity itself. Clearly, it still isn't safe to go back in the water.

The Birds (1963)

Ah, Bodega Bay ... so tranquil, so scenic. Until the killer birds come swooping in to peck everyone to bloody bits. The screeching noise alone that these creatures make is frightening in Alfred Hitchcock's classic, but it's his use of silence that's truly, deeply disturbing. The staccato unpredictability of their movements adds to the sense of unease, the fierce darkness of the crows' feathers providing a sharp contrast to Tippi Hedren's blonde, creamy features. And then there's that last scene, where the birds are just sitting there peacefully, watching our heroes drive away ... is it a sign of the apocalypse? Or just a good excuse to be unnerved? Either way, it's still scary as hell today.

Cujo (1983)

Man's best friend becomes his most fearsome, furry enemy in this thriller based on the Stephen King novel. The name alone is so synonymous with killer canines, it's become shorthand.

Timothy Treadwell in Grizzly Man.

And it's not like some yippy, annoying dog that turns into a monster, like a Yorkie or a Chihuahua. No, this is a friendly, lovable St. Bernard, a breed that's traditionally been known as a reliable caretaker, who goes wild after he's bitten by a rabid bat and wreaks havoc on a small town. It's sort of a squeamish thing, the idea of having to fight and take down an animal that's traditionally considered a family member, but Cujo suggests that primal survival instincts will always win out in the end.

Grizzly Man (2005)

And speaking of survival ... we know from the start of this documentary that Timothy Treadwell is doomed, but that doesn't make it any less riveting. Werner Herzog's film follows the events that led up to Treadwell's 2003 mauling by a bear in the Alaskan wild, a place this daring and charismatic man chose to call home for a dozen years to surround himself with these hulking creatures.

He considered them his friends, shot video of himself frolicking with them, even gave them cutesy names.

But as Herzog reveals, who Treadwell really was proved just as fascinating as his horrible fate.

Them! (1954)

Ants — they're so tiny and harmless, they couldn't do any real damage beyond making a picnic unpleasant, right? Wrong! Sometimes ants turn gigantic and predatory when exposed to nuclear testing in the New Mexico desert.

But we don't see the big, angry bugs for a while; instead, Them! builds suspense on the premise of a mysterious, unknown menace.

A reflection of Cold War terror and panic, this black-and-white science fiction classic was nominated for an Academy Award for its special effects and featured a cast including James Whitmore, James Arness, Fess Parker and Leonard Nimoy. But it was also good, cheesy fun.

THE ASSOCIATED PRESS

Roberts tackles TV

Oscar winner departs from film
Roberts produces documentary series to debut on Oprah's network

GETTY IMAGES

▶ Julia Roberts talks to the press in Tokyo, where she's promoting the release of the film Eat Pray Love.

Julia Roberts isn't planning a spiritual journey of her own after making the film based on the hit travel memoir Eat Pray Love.

Roberts, a happily married mother of three, said she read and enjoyed Elizabeth Gilbert's best-seller long before the proposed movie script came across her desk and she jumped at the role.

But she added she isn't looking to make any big alterations in her own life.

"No, no changes," Roberts said yesterday in Tokyo, where she is promoting the movie's release. "I'm good."

Roberts is a practicing Hindu and said she was interested in the faith before she came across the book and did not convert because of it. The 42-year-old Georgia native was raised Catholic.

Beyond those comments, she said she would keep her beliefs to herself.

"I've realized something my mother told me 22 years ago,"' she said. "You're an actor, act. Don't talk about politics or religion."

One departure for Roberts does lie ahead. The Oscar winner has done little TV work, but she is now a producer of a documentary series called Extraordinary Moms to debut in January on Oprah Winfrey's new cable network.

Her next big-screen project is Larry Crowne with Tom Hanks, set for release next year.

On her longevity as a sought-after actress, she said her inspiration has never waned.

"Loving what you do is the secret to everything," she said. "I really do love the creative part of making movies."

THE ASSOCIATED PRESS

Eat Pray Love

Roberts isn't planning to go on a spiritual journey like the character she plays in her latest movie.

▶ **Practicing Hindu** Roberts said making the film didn't influence her conversion to Hinduism.

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Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●

Actress discovers her voice

Jill Hennessy
Album: Ghost in My Head
Label: Master Rock
●●●½

This debut CD is not the work of a pampered Hollywood waif cashing in on her celebrity with a quickie CD of co-writes and covers. Jill Hennessy never fit that mould, even on television. She learned the ropes busking the streets of Toronto years before finding near-cult status on Law and Order. She has a folky vibrato that suits these ten heartfelt songs written with a nod to the great craftsmen of the '70s. Stark lyrical imagery enters dark terrain from a troubled childhood on tracks like Falling Down, Small Hands and Save Me. Hennessy also finds a storyteller's pen on Erin, a haunting look at the life of an exotic dancer.
Outstanding track: Falling Down
GRAHAM ROCKINGHAM

Iron Maiden
Album: The Final Frontier
Label: EMI
●●●½

Unlike contemporaries AC/DC and Ozzy, Iron Maiden still manage to come up with new ideas in their fifth decade as a band. The Final Frontier isn't a far stretch from the apocalyptic fantasies of their previous 14 albums, but their technical prowess is still a wonderment to hear. All it takes is one listen to the intricacy of nine-minute epic The Talisman to understand that if it wants to Maiden can reach that sixth decade without sounding like it.
Outstanding track: The Alchemist
CAM LINDSAY

Sweet Thing
Album: Sweet Thing
Label: EMI
●●●

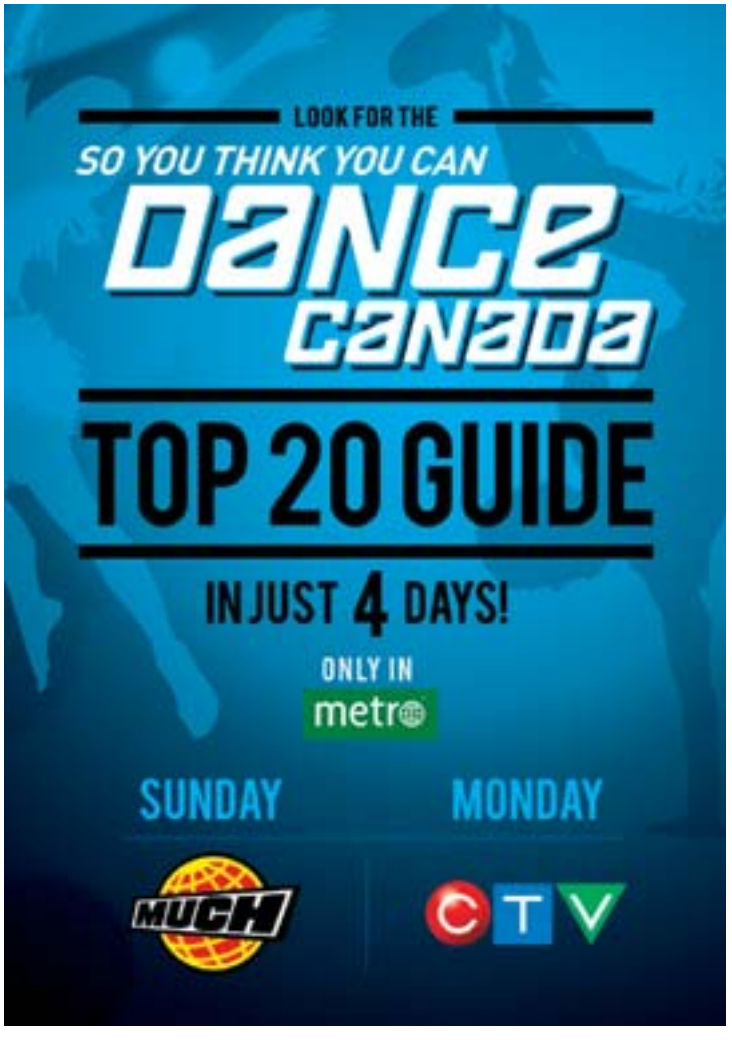
Toronto's Sweet Thing could be the city's next big mainstream export. They're loud, brash, polished and poppy, just the sort of thing you'd hear on U.S. rock radio. Songs like the epic U2-like Change of Season and the darker Killers-ish Dance Mother could be chart toppers. As a whole, though, the album is uneven. They jump from straight-up rock and anthemic pop to new wave and power pop. The band is off to a good start, but it could be a while until they really make their mark.
Outstanding track: Change of Season
BRYAN BORZYKOWSKI

Colleen and Paul
Album: Colleen and Paul
Label: Boompa
●●●

Sometimes you just want to listen to a light, summery disc. Toronto songwriters Colleen Hixenbaugh (formerly of By Divine Right) and Paul Linklater have created just that, a quick listen of breezy, catchy tunes. While the disc is generally lo-fi and acoustic, it covers a lot of musical ground, with sounds resembling Beck and Pavement. Colleen and Paul will never be hit makers, but with such easy and infectious melodies, that's a good thing. **Outstanding track:** TV Summer
BRYAN BORZYKOWSKI

Ray Lamontagne and the Pariah Dogs
Album: God Willin' & the Creek Don't Rise
Label: RCA/Sony
●●●●

Ray Lamontagne comes out of the box with both barrels blasting on opening track Repo man, a six-minute high-speed chase designed to show that he's more than just a superb songwriter with a multi-textured voice. Still, there's plenty of quality stuff here for fans of Lamontagne's dark alt-country persona. The title track overflows with impending Appalachian doom.
Outstanding track: Repo Man
GRAHAM ROCKINGHAM



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El Salvador. .....9.9 ¢	Ghana.....9.9 ¢	South Korea....2.9 ¢
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MTV AWARDS

Bieber to perform at VMAs

Justin Bieber is going to have a better seat for this year's MTV Video Music Awards.

The 16-year-old pop sensation has been announced as a performer for the Sept. 12 awards bash.

He'll join a growing Canadian contingent on-stage for the event.

Two-time nominee Drake will also perform, while Toronto DJ Deadmau5 will spin live throughout the show.

Kanye West will also perform, a year after his headline-grabbing run-in with Taylor Swift.

Bieber tweeted the news just as MTV made the announcement on their website. "Last year i went and no one knew who i was and this year gonna PERFORM!!!"

The MTV MVAs will air on MuchMusic.

THE CANADIAN PRESS

Nugent pays price for hunt

Rocker Ted Nugent will have to pay a $1,750 fine after pleading no contest in California to baiting a deer and not having a properly signed hunting tag during a televised hunt.

Investigators found that the deer had been eating bait called C'mere Deer. Baiting wildlife is illegal in California.

THE ASSOCIATED PRESS

Tyler bumped off by Perry

A fan-created video of Aerosmith's Steven Tyler falling off a Toronto stage is making the rounds online.

Celebrity gossip website TMZ has posted a 28-second clip of the incident, which happened on Tuesday night at the Air Canada Centre.

The 62-year-old Tyler is shown preening next to guitarist Joe Perry during a performance of Love in an Elevator before toppling into the crowd.

He managed to land upright with help from fans, whom he embraced afterwards.

Last year, Tyler sustained shoulder, neck and head injuries after falling off a stage during a show in South Dakota.

CANADIAN PRESS

Starr's first home to be demolished

Liverpool is planning to bulldoze the house where the former Beatles' drummer Ringo Starr lived out his first three months.

The home where Starr lived for 20 years on Liverpool's Admiral Grove is still standing. Britain's National Trust has preserved the homes of Paul McCartney and John Lennon.

THE ASSOCIATED PRESS

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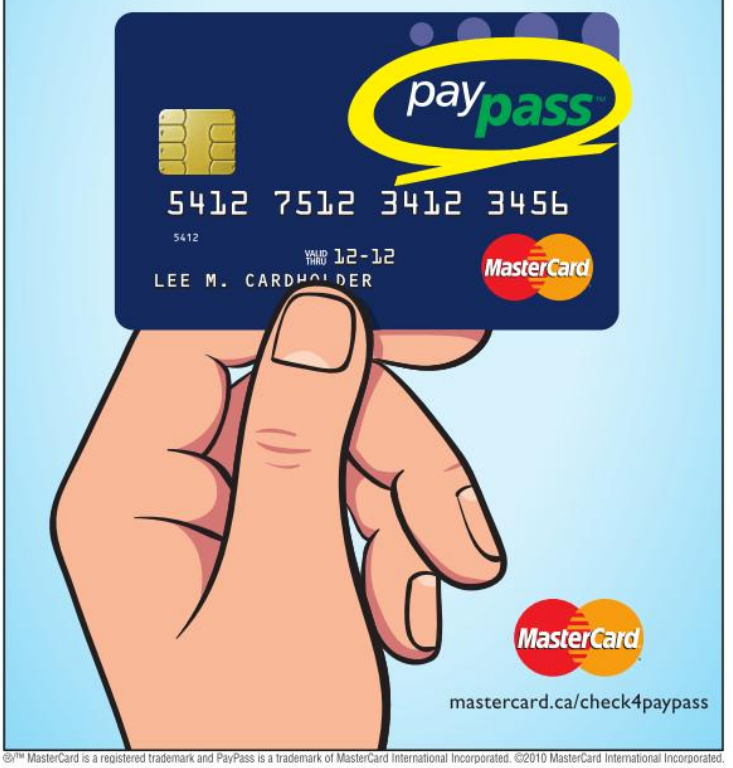

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GETTY IMAGES

▶ Nicki Minaj has not only emerged as hip-hop's leading female, she's also outdoing her male counterparts.

Hip-hop music has a new leading lady

Minaj set to release debut album, Pink Friday, on Nov. 23 She picked up best new artist and best female hip-hop artist trophies at BET Awards

While the death of hip-hop has been a matter of debate in recent years, the demise of the star female emcee had been all but accepted.

There had always been at least one female rap act to contrast hip-hop's defining male edge, from Queen Latifah to Lil Kim to Missy Elliott to Lauryn Hill. But in the past few years, women rappers were mere blips on the scene, and the occasional hit only underscored how weak the field had become.

Until now.

Nicki Minaj, the in-your-face, highly animated sex kitten and protege of rap prince Lil Wayne, has not only emerged as hip-hop's leading female, she's outdoing her male counterparts, too.

The 26-year-old Minaj has yet to release an official studio album, but she's saturating all facets of hip-hop, from radio to mixtapes to magazines.

"There's always one that paves the way and opens the door (and) I think she re-opened the door to hip-hop for females."
PRODUCER-RAPPER PHARRELL

She's costarred on songs with Lil Wayne, Drake, Usher, Mariah Carey, Christina Aguilera and Diddy, among others. She's also set to appear on Kanye West's upcoming CD. With her collaborations, she's landed 10 songs on Billboard's R&B/Hip-Hop singles chart, including three in the Top 10, and Minaj has had eight overall tunes on the Hot 100.

Her current single, the Annie Lennox-sampled Your Love, is spending its seventh week on top of the rap charts; it's the first time a female act, as the lead artist, has topped that chart since Lil Kim did in 2003. And Your Love is steadily climbing elsewhere, peaking at No. 5 and No. 14 on the R&B and Hot 100 charts.

Minaj, whose real name is Onika Maraj, was born in Trinidad, but grew up in Queens, N.Y. Lil Wayne discovered Minaj and signed her to his Cash Money imprint last year.

She's released three mixtapes and performs with the rap group Young Money, which includes Lil Wayne and Drake. The group's 2009 album, We Are Young Money, has produced two Top 10 singles.
THE ASSOCIATED PRESS

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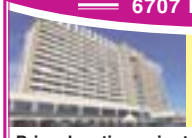

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TV Picks

Geeks fans

TEENS. Fans of Freaks and Geeks might enjoy Undeclared, Judd Apatow's follow-up to the acclaimed high-school dramedy, airing in back-to-back episodes. It's a breezier affair than Freaks but it met a similar fate, facing cancellation after one season. It also showcases the comic chops of before-they-were-famous Canucks Jay Baruchel and Seth Rogen. (G4 Canada) **THE CANADIAN PRESS**

Rookie Blue manhunt

COP DRAMA. Rookie Blue promises to pack an emotional punch. The team embarks on a manhunt for a missing nine-year-old girl, while an interrogation of her parents reveals disturbing evidence. (Global, ABC) **THE CANADIAN PRESS**

Galifinakis draws the library crowd

A reading at a North Carolina library was intended for young people, but the person behind the book attracted plenty of adults as well.

That's because the reader Tuesday was Zach Galifianakis, a comedian, movie star and Wilkes County, N.C., native. The Winston-Salem Journal reported Galifianakis was at the Wilkes County Public Library for a children's reading that drew hundreds.

Galifianakis joked that he would read from his movie, The Hangover, but then read three children's books, one of which his father wrote.

He stayed afterward for nearly two hours, posing for photos and signing almost anything brought to him including old Wilkes Central High School yearbooks and a GQ magazine with his face on the cover. **THE ASSOCIATED PRESS**

MICHAEL LOCCISANO/GETTY IMAGES

▶ Zach Galifianakis

Doyle heads to Australia

CBC-TV's Newfoundland and Labrador-based detective dramedy Republic of Doyle is going Down Under.

Australia's national broadcaster, ABC, has acquired rights to the first season of the series, about a father-son private investigator team in St. John's.

Season One has already been picked up in several international markets. **THE CANADIAN PRESS**

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Jail tale could net Lohan a cool $1M

Actress set to profit after prison and rehab stints Ex-girlfriend of star's father opts not to pursue harassment charges in New York

When she gets out of rehab — which could be as early as this week, according to some reports — Lindsay Lohan stands to make a quite a profit, as OK! Magazine is reportedly ready to pay her $1 million US for her first post-jail interview, according to the Hollywood Reporter.

Her fee for appearances at New York or Los Angeles events has reportedly hit $25,000 to $100,000, and she can command around half a million for a Vegas appearance, according to the newspaper.

Meanwhile, father Michael Lohan's ex-fiancee has told a New York judge she no longer wants to pursue criminal charges against him stemming from a fight last month.

Both Kathryn Major and Lohan appeared in Southampton Town Court on Long Island yesterday. His attorney entered a not guilty plea to the harassment charge.

Moments later, Major testified she wanted to drop the charge. She also agreed to drop an order of protection requiring Lohan to stay away from her. In July, she told police Lohan had threatened her during a fight. They have since split up.

Town Justice Andrea Schiavoni told Lohan if he stays out of trouble for six months, the case will be dropped. THE ASSOCIATED PRESS

DAVID MCNEW/GETTY IMAGES

▶ Lindsay Lohan could make $1 million US for her first post-jail interview

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Grigorieva's lawyers want to question Gibson's ex-wife

It looks like Mel Gibson's ex-wife, Robyn Moore Gibson, might get dragged into the ongoing legal battle between Mel and ex-girlfriend Oksana Grigorieva. The Russian singer's lawyers are looking to subpoena Robyn over her sworn statement that Mel was never abusive to her during their 28-year marriage, according to Radar Online. "Mel never engaged in any physical abuse of any kind toward me before, during, or after our marriage," Robyn reportedly said. Grigorieva's lawyers want to question her motivation for defending Mel. METRO

TOBY CANHAM/GETTY IMAGES

▶ Mel Gibson

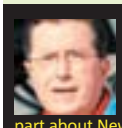
Long goes the distance with Barrymore

Justin Long is opening up about his on-again, off-again relationship with Going the Distance co-star Drew Barrymore. "We've been through everything, the whole gamut of the heights of love to the depth of heartbreak," he tells New York magazine. "The idea that a person that you're in a relationship with can change you so drastically and have that deep of an effect on your life, just that idea, I mean, what a gift to be able to use that." METRO

Celebrity tweets

John Mayer [@johncmayer] Ladies and gentlemen, I am no longer funny on Twitter. Literally 15 attempts to write a thought dashed by my own deleting. :(

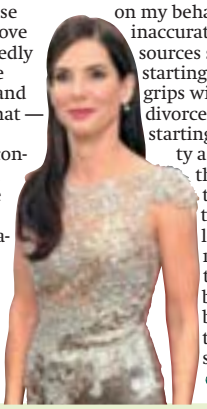
Kanye West [@kanyewest] Me and Mos Def had a push up contest at Nobu last night... Suits on... I did keep on my shoes though lol! Super deep convo followed of course.



Stephen Colbert [@Stephen-AtHome] The worst part about Newsweek rating America below Luxembourg is that now I've heard of Luxembourg

James follows Bullock to Texas

REUNION TOUR Jesse James is set to move to Austin, reportedly following ex-wife Sandra Bullock, and she's fine with that — but that doesn't mean they're reconciling. "I support Jesse in his move to Austin," she tells People magazine. "We have both moved on with our lives and only want the best for each other. Anything else that is said on my behalf is inaccurate." And sources say James is starting to come to grips with their June divorce. "I think he's starting to grasp reality a bit more and the realization that it's going to take a lot longer and a lot more than he thought to bring things back to what they were," a source says. METRO



Gossip Girl's fashion rules

WORLDS COLLIDE Gossip Girl star and aspiring rocker Taylor Momsen has very strict fashion rules, and she doesn't like what she's seeing in the music world. "People think pop is rock, and the lines are getting blurred," she tells Spin magazine. "Now Rihanna's wearing f—ing leather jackets, and it's really annoying." METRO

Making sense of fall fashion

CATWALKING

▶ Miu Miu

GETTY IMAGES

▶ Louis Vuitton

CATWALKING

▶ Celine

CATWALKING

▶ Dries Van Noten

There's no shortage of trends to choose from this autumn and winter

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The battle of the decades

The Fifties, Sixties and Seventies all emerged as key points of reference for autumn. Chloé, 3.1 Phillip Lim and Yves Saint Laurent with their wide-leg trousers and billowing blouses, are just a few examples of autumn's seventies-flavoured collections. While Giles, Anna Sui and Miu Miu all had a strong early Sixties undercurrent. Prada and Louis Vuitton gave up major Fifties references in the form of full, lady-like skirts, corsets and prim kitten heels.

Worth spending your money on: The universally flattering Fifties skirt works perfectly with a crew neck sweater for the office and with an even tighter cardigan for a date night.

Minimalism returns

Thank Celine creative director Phoebe Philo for all the precisely cut looks you're seeing in stores right now. She's mostly responsible for moving fashion away from all the studs, rivets and spikes and towards its current air of restraint: austere white shirts, the crispest A-line skirts, sharply tailored coats you could practically cut your finger on, you get the idea. Calvin Klein, Stella McCartney and Maison Margiela were all similarly enthusiastic champions of these ideas for fall.

Worth spending your money on: A clean, well-made blazer or coat. It might be your most expensive purchase, but it will never go out of style.

Old comforts

Just about everything classic is cool again. Aviator jackets (Burberry Prorsum), Fair Isle knits (D&G), heather gray sweats (Dries Van Noten), velvet anything (Ralph Lauren), the list goes on. The beauty of these staples is that they have a can't-go-wrong versatility to them. It's almost impossible to wear them badly.

Worth spending your money on: A shearling-lined aviator jacket is not only warm to get you through winter, but it looks equally right with a dress or jeans.

What to skip

- **Anything that has a high-waist, wide-leg and a tapered ankle — in the same garment.** The trousers look great on models, but most likely not so good on you (or us).
- **Chunky, color-block heels.** Balenciaga did these. They are very expensive. The knockoffs are in stores. But they don't look anywhere close to the real thing. Resist them.

3 life

Men's grooming

Liz Earle for men after-shaving moisturizer (Naturally active men's skincare)

Redness and bumpy irritated skin, are all signs of post-shave problems. However, Liz Earle for men After-Shaving Moisturiser, is rich in borage and vitamin E which helps sooth delicate post-shave skin. These ingredients help to prevent further irritation and hydrate sensitive areas to maintain a smooth and healthy appearance all-year round.

RICHARD PECKETT

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Strike at NYC's Fashion Week?

Landing on the Moon

Bay serves up modern essentials with new affordable apparel line

Budget-conscious fashion has become big business with consumers flocking to mass retailers in search of trendy yet affordable apparel.

But with the nationwide launch of its new apparel line, Moon, the Bay is aiming to do more than just appeal to cost-conscious consumers looking out for their bottom line.

The line's debut offerings comprise a range of streamlined separates designed to be versatile for everyday wear in addition to serving as building blocks in the modern woman's wardrobe.

Prices for the line span from $19 to $79. The offerings include classic shirts, cardigans, turtlenecks, blazers, dress pants, jersey knit dresses and skirts in mini, pleated and pencil styles. Outerwear runs up to $139.

"It's a collection of essential pieces for work and play, evening and day," said Saul Mimran, president of the Mimran Group, whose company partnered with the Bay on the line, which is geared toward women aged 25 to 45. "It's well priced, and is for the lady who is on the way up."

Mimran said the key change in dressing today's woman has to do with fitness and lifestyle.

"She's working out, she's fit, she's eating well, and she wants to show it, and she should, and we want to be there to help her," he said, pointing to the leaner cut in the designs.

"She's also very interested in making a good investment in her clothing, doesn't want to be so fast that it's worn once and thrown out. We hope that these clothes can hang in her closet for many seasons and be worn many times over."

▶ Models pose in a campaign image for Moon, a newly launched affordable modern apparel line for women at the Bay

Last year, the Bay relaunched The Room at its flagship Queen Street location in Toronto devoted to showcasing higher-end lines. But the retailer is broadening its focus beyond luxury offerings to compete with other retailers offering moderately priced apparel.

"What we're trying to do is look at brands, and not only Moon, but go after other brands that are great price points ... and have a contemporary feel," said HBC fashion director Suzanne Timmins. "That's part of our strategy."

"These are great prices, but they're also keeper pieces, and the kind of pieces that you'd have from season to season and build on, hopefully within the Moon brand itself," she said of the new collection.

The new line's moniker also has its ties to a Canadian fashion heavyweight.

▶ A cowl top

▶ A Moon cardigan

▶ Double knit jersey dress

Moon was the name of the Toronto boutique opened back in the '70s by Mimran Group partner and designer Alfred Sung. Moon is also part of Sung's name.

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The strange words of Ikea

Why is Billy called Billy? There's an elaborate method to naming Swedish company's products

KRISTOFFER RENGFORS
METRO STOCKHOLM

They've baffled non-Swedes for years and become he subject of countless internet jokes, but Ikea bosses say their strange-sounding product names make perfect sense!

"It all started with Ingvar Kamprad (founder of Ikea) thinking it was too hard to remember products just by their numbers so he started naming everything instead," said Ylva Magnusson, press manager at Ikea in Sweden.

As Ikea started growing into the giant company it is today, a small team of people were given the task to come up with names for everything in the product line.

A system was worked out. Beds and wardrobes were named after places in Norway, while bookcases were given Scandinavian boys names or named after professions. Bathroom articles were named after Swedish lakes. It all made perfect sense!

But Magnusson added: "Now there is a database where potential names are stored. We have 9,500 products and about 30 per cent are changed every year.

"That's 3,000 new names every year so it's really important that the names are not recycled and that we have checked and cleared names that might be offensive in other languages."

So why keep the Scandinavian names?

For instance, if the plastic box Samla was named Collect in English, then people might understand the name in other countries.

"But, at the same time, the names are seen as exotic in many places. And being Swedish is a big part of our soul and brand," said Masnusson.

▶ Ikea products are named after different things, including Scandinavian places.

What's in a name?

How names are chosen for Ikea products

- **Beds, wardrobes, hall furniture:** Norwegian places
- **Dining-tables and chairs:** Swedish places
- **Bookcases:** Professions, Scandinavian boys names
- **Bathroom articles:** Names of Swedish lakes, watercourses etc.
- **Kitchens:** In general, names suited to how the individual products are used.
- **Desks, chairs and swivel chairs:** Scandinavian names of boys
- **Garden furniture:** Names of Swedish islands
- **Rugs:** Danish place names
- **Bathroom articles:** Names of Swedish lakes, watercourses etc.

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DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

With summer quickly closing down I want to enjoy the outdoors as much as possible during the last remaining weeks. I love to have friends visit and there is one thing I have learned this summer is that it doesn't have to be expensive. How can you entertain six people for dinner, drinks and set an attractive table for less than $20 per person? I came up with some great money-saving ideas for end of summer entertaining that is sure to impress your guests:

Party tips

- Have your dinner party after 8 p.m.; that way most people would have already eaten something.
- Rope lighting discretely hidden in the garden can look beautiful.

Food

Tapas-style dining creates creative grazing throughout the evening and encourages guests to experience many food flavours throughout the evening. I like to serve a variety of pre-made salads and hors d'oeuvres alongside exotic dips and sauces; this way everyone can customize their grazing experience. Garnish your plates with edible fruits, nuts and vegetables that not only look pretty but can be nibbled between servings. Cost: $25-40.

▶ Sangria can be a great post-dinner drink.

▶ Guests can savour different flavours with tapas-style food.

Drink

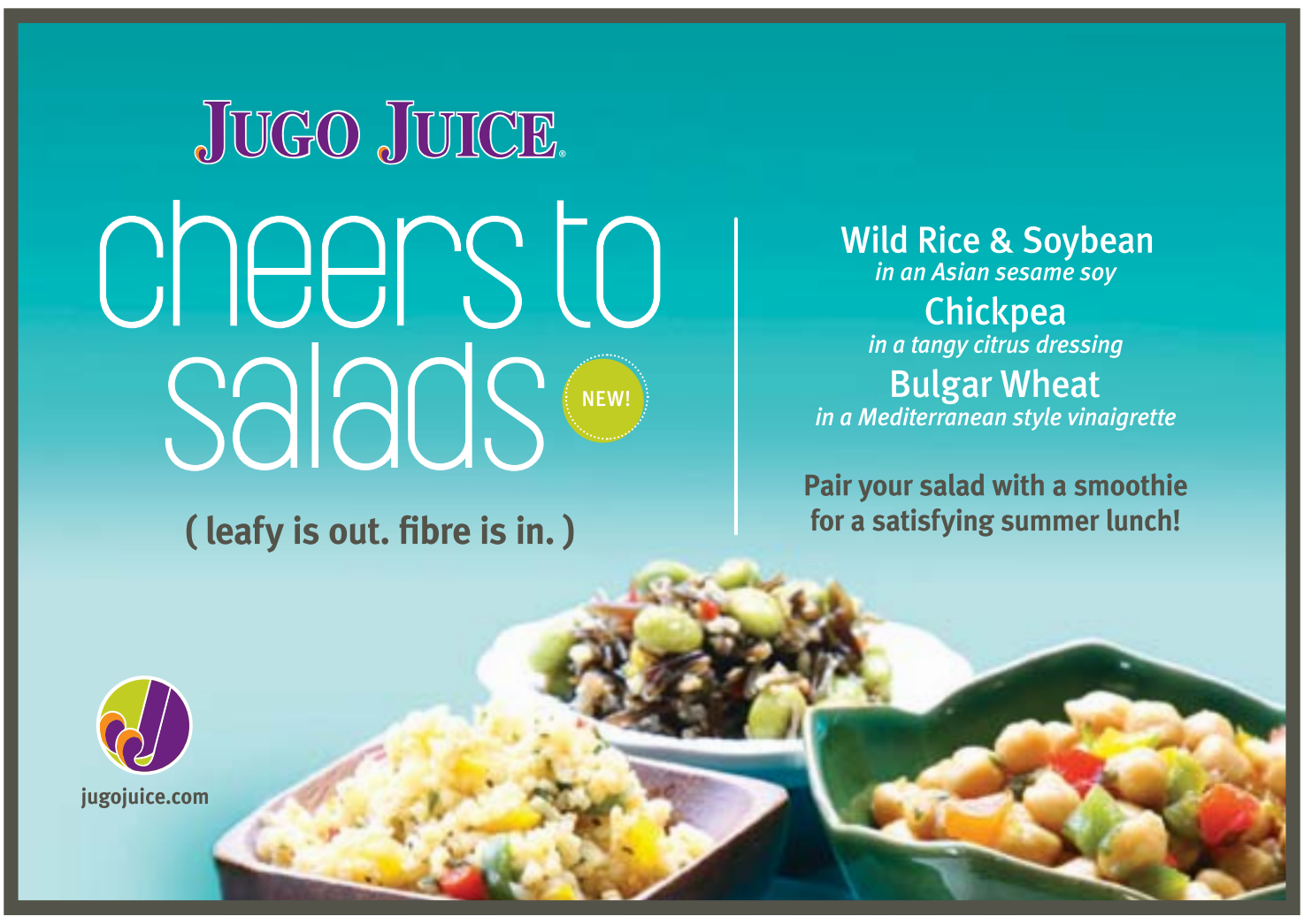
Find a good wine that everyone will like for under $10/bottle. Piat d'Or wine can be found at most liquor stores across the country for around $9 per bottle. They've recently done some re-branding and have got a great white chardonnay and my favourite; red merlot. Cost: $45/5 bottles

Other options: After dinner make a delicious sangria. Put 1 ounce of orange liquor, 3 cups of fresh chopped fruit, 1 cup of white cranberry juice and a bottle of wine in a large pitcher. Let sit for 15 minutes, then serve over ice.

▶ Outdoor entertaining is a great summer option.

Decor

Outdoor entertaining always allows for plastic and paper, but I suggest mixing in some good tableware with the less expensive. I find great tabletop items at Your Dollar Store With More (they sell things that cost $1 and up). Try to keep your colour choices to a minimum of two. This will allow paper, plastic and glass items well co-ordinated. Layer a clear glass salad plate on top of a colourful plastic dinner plate on top of a coloured paper charger. Cost: $25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Oui oui! Indulge in lunch with French flair

ANDREE LAU/FOR METRO CALGARY

▶ L'Epicerie's sausage roll ($8).

Entering L'Epicerie, if only for a few minutes, is akin to walking into French deli heaven

LUNCH RUSH

ANDREE LAU
FOOD@METRONEWS.CA

At L'Epicerie you'll find imports of the finest fleur de sel and oils lining one wall. Fresh baking and cheerful "Bonjours!" fill the air.

Boring sandwiches take on a gourmet flair as owner Dominque Moussu (the former chef of Teatro) makes them to order on fresh baguettes.

A standout treat is the duck rillettes sandwich ($10), made with chopped dark meat and cooked in fat til tender. Moussu generously spreads that on baguette with tart cornichons, grainy mustard and sweet butter lettuce. An enormous sausage roll ($8) is wrapped in impossibly buttery, flaky puff pastry for a lunch unto itself. Treat yourself to a meringue-based macaron ($2 each) or a fresh baked French apple tart ($5).

There's seating for about six people in the deli, but L'Epicerie takes advance orders and delivers lunch baskets to downtown offices.

▶ **L'Epicerie**
1325 First St. S.E., 403-514-0555
dominiquemoussu.com
Rating: 4
Client negotiations: No
Lunch with co-workers: Yes
Social lunch: No
Quick solo lunch: Yes
Time in: 11:21 a.m.
Time out: 11:33 a.m.

Peach Breakfast Crostini

Ingredients :

- 2 cups thinly sliced, pitted peaches
- 1 cup blueberries
- 1 cup raspberries
- 1/4 cup chopped crystallized ginger
- 2 tbsp maple syrup
- 1 tbsp chopped mint
- 24 slices of baguette, cut 1 cm (1/2 inch) thick
- 1 tbsp butter, melted
- 1 tsp ground cinnamon
- 1 tsp granulated sugar
- 1/4 cup cream cheese

Preparation:

1. Preheat oven to 190 C (375 F). In a bowl, combine peaches, blueberries, raspberries and ginger. Drizzle with maple syrup and toss. Sprinkle with mint.
2. Arrange slices of baguette on a rimmed baking sheet. Brush one side of each slice lightly with melted butter and sprinkle with cinnamon and sugar. Bake in the centre of the oven until toasted and golden, turning once, about 8 minutes.
3. Spread cream cheese lightly over each toast and top with fruit mixture.

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• Hot Peppers $0.00 • Cheese $1.00 • Roasted Sweet Pepper $1.00

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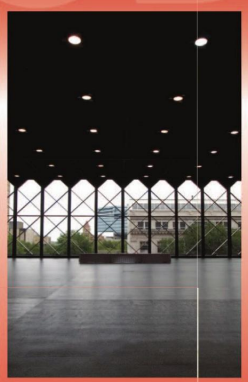

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Back to school in style

Outfitting your dorm room is easy if you know how to shop

KARL LOHNES
FOR METRO CANADA

Whether it's a move to a residence or a small off-campus apartment, space is often limited when you're on a student budget, not to mention the difficulty of creating a decor style of your own. Here's a few ideas to create a budget-friendly oasis that will look and function like a million bucks:

Storage: Over the door hooks can keep laundry, backpacks, purses and bathing totes off the floor and in plain view at all times. An under-bed drawer is a great place to keep extra bedding or out of season clothing. A freestanding, over the bed bookshelf is a great vertical storage addition for alarm clock, books, photo albums, etc.

"A desk chair should be comfy enough to do homework, but then act as an occasional chair when a friend visits."

Double-duty furnishings: A desk chair should be comfy enough to do homework, but then act as an occasional chair when a friend visits; a storage ottoman allows you to put your feet up, acts as an additional perch for friends to sit and of course can be used to hide dirty clothes until laundry day.

Choose decor colours: Think of your favourite colour and use it for accessories in the room. a great starting point is to choose a duvet cover that has your favourite colours. Then choose matching, sheets, throws, pillows, lampshades and area rug that match.

Use the Internet: Shopping online with Bed, Bath & Beyond is easy; they have the most comprehensive website for back-to-school items and they'll ship anywhere in Canada and have a great return policy. Buying from online classifieds and Kijiji is a great starting point. Look to buy the big stuff like dressers, beds, desks and chairs in the city where you'll be going to school.

KIJIJI/SUBMITTED

▶ A stylish student's room with storage and comfort in mind. All furnishings were purchased from online classifieds.

Dos & don'ts

- **DO** use ambience lighting. Many residences don't allow for candles to be lit, so an alternative option is to purchase a small light with a low wattage so you can leave it on at night and feel safe coming home to a room that isn't completely dark. LED candles are a safe and wonderful way to create ambience in a room.
- **DON'T** overuse patterns. A lot of pattern in a small space can be overwhelming, so it's best to choose solid colours for larger items. That allows for more patterns to be used in smaller accessories.
- **DO** buy items that are proportionate to your room size. Buying a queen or king size bed might suit your fancy, but it won't leave you much room for anything else in a dorm-style space.
- **DON'T** permanently attach things to your walls.

Staying resilient key to battling first-year jitters

JOHN ULAN/THE CANADIAN PRESS

▶ Science student Kayla Stan, who is heading into her second year at the University of Alberta, prepares laboratory slides at the Earth Sciences building recently.

Making the transition from a fairly large high school to join her older sister at university, Kayla Stan would seem better-equipped than most for the move to post-secondary life.

Still, the experience of starting the next phase of her education in new surroundings and not knowing anyone in her program was more than a little daunting for the Edmonton resident.

"It's kind of nerve-racking because, I mean, you go into these lecture theatres in first year and there's hundreds of kids just in one class," said the University of Alberta student.

Jesmen Mendoza, psychologist with the Centre for Student Development and Counselling at Ryerson University in Toronto, said such jitters can emerge as students try to get used to a new environment, new classes or a different city or town.

"Students are also concerned about wanting to perform well and not disappoint either themselves or their parents or guardians or whoever's supporting them in terms of coming to university," Mendoza said.

"They're also wondering if they're going to be successful, wondering if they're going to fit in, wondering if they can be independent, wondering if they can make friends and develop an identity as a university student."

Some may also be pondering whether they've selected the right program, major, department or school itself, and might be anxious about whether they're cut out for the demands and rigours of post-secondary life, he said.

"Not all students are facing all of these (things), but they may face a combination."

For those who tend to be more introverted, being shy or reserved isn't a major stumbling block in terms of being successful on campus, said Karen Kovach, director of learning resources at the University of Alberta.

"If they're resilient, willing to stick with something to solve the problem on their own, that's going to make them successful," she said.

"You can be shy, you may not be a social animal. That's fine. And that's not going to affect your performance," she added. "What's going to affect your performance is 'OK, I ran into this problem — I never ran into it before: How am I going to solve this problem and get the answers that I need?"'

Mendoza said he always tells students to be easy on themselves and to understand the adjustment process takes time.

THE CANADIAN PRESS

Take note

Ryerson University Public Affairs has compiled a list with tips for students to keep in mind during this transition time:

1. Relax. Everyone else is going through the same thing you're going through. So go and introduce yourself to someone new. Chances are they don't know anyone else either.
2. Get to know your city. Get on public transit and get familiar with the different travel routes.
3. It's OK if you don't know how to do everything right away. That's what your family and friends are there for. So call them.

Go on, take a positive risk

Psychologist Jesmen Mendoza suggests students take "positive risks," whether that's saying hi to classmates, or taking part in events, groups, committees or sports that may appeal to them.

"Quite often, we predict the negative that 'People don't want to be friends with me' or 'I don't have anything to say' or 'people will think I'm strange or that I'm odd' or whatever the case may be," he said.

"When people take a positive risk it tends to dispel some of those thoughts and people tend to gain confidence."

THE CANADIAN PRESS

"(Students are) wondering if they're going to be successful, wondering if they're going to fit in, wondering if they can be independent."
JESMEN MENDOZA, PSYCHOLOGIST

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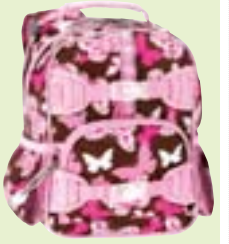
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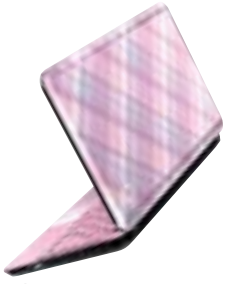
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5 ingredients = breaky, lunch, dinner

Breakfast burritos

Ingredients:
- 8 large eggs
- 1 cup (250 ml) light (single) cream
- 4 flour tortillas
- 1/2 cup (125 ml) tomato salsa (or chutney)
- 2 cups (100 g) watercress

Preparation:

1. Beat the eggs and cream in a large bowl.
2. Cook the egg mixture in a large nonstick frying pan over medium-low heat for about 5 minutes, stirring often, or until the eggs form large chunks.
3. Set aside and keep warm.
4. Warm the tortillas in a large frying pan over high heat, one at a time, until they begin to colour.
5. Transfer to a flat surface and spread with the tomato salsa.
6. Top with the scrambled egg and watercress.
7. Fold the tortillas over and serve hot.

Serves: 4
Preparation: 5 minutes
Cooking: 7 minutes

For more delicious recipes visit rd.ca

READER'S DIGEST

Spicy sausage & tomato soup

Ingredients :
- 2 cups (500 ml) vegetable stock
- 2 (14-ounce/400-g) cans chopped tomatoes, with juice
- 8 ounces (250 g) Spanish chorizo sausage, peeled and sliced
- 1 (14-ounce/400-g) can cannellini beans, drained
- 2 tablespoons coarsely chopped fresh thyme

Preparation:

1. Combine the stock, tomatoes, sausage, and beans in a large saucepan.
2. Bring to a boil and simmer gently for 10 minutes.
3. Add the thyme and simmer for 5 more minutes. Serve hot.

Serves: 4
Preparation: 10 minutes
Cooking: 15 minutes

For more delicious recipes visit rd.ca

READER'S DIGEST

Satay beef with rice noodles

Ingredients:
- 14 ounces (400 g) dried rice stick noodles
- 3 tablespoons sesame oil
- 11/4 pounds (600 g) tenderloin beef, cut into thin strips
- 2 red bell peppers (capsicums), seeded and cut into thin strips
- 3/4 cup (180 ml) store bought satay sauce

Preparation:

1. Put the noodles in a medium bowl, cover with boiling water, and soak until softened, 5–10 minutes. Drain and set aside.
2. Place a wok over high heat. When it is very hot, add the sesame oil. Add the beef and stir-fry for 2 minutes. Add the bell peppers and stir-fry for 2 minutes.
3. Stir in the satay sauce and heat for 1 minute.
4. Add the noodles. Toss well and serve hot.

Serves: 4
Preparation: 10 minutes + 5-10 to soak noodles
Cooking: 5 minutes

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READER'S DIGEST

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Favre finally takes to the field

Brett Favre says the strong chance of playing in another Super Bowl brought him back to the NFL — again.

Favre joined his Minnesota Vikings teammates at practice yesterday. The three-time MVP wore a helmet, shoulder pads and red quarterback's jersey as he worked out with the team for the first time since getting battered by New Orleans as the Vikings lost the NFC championship game.

Favre said the chances of making the Super Bowl with Minnesota "are much greater than other places."

"I owe it to this organization to give it one more try."
BRETT FAVRE

"I was so close, so close to getting these guys to the Super Bowl," Favre said.

Not that coming back was a simple decision.

"I could make a case for both playing, not playing," Favre said. "This is a very good football team. The chances (of going to the Super Bowl) here are much greater than other places. From that standpoint, it was always going to be easier (to return)."

Expectations are high for Favre, even at 40. He's the NFL's leader in nearly every significant passing category and the winningest regular-season quarterback ever. **THE ASSOCIATED PRESS**

JIM MONE/THE ASSOCIATED PRESS

▶ Brett Favre was back practising with the Minnesota Vikings less than 24 hours after the team sent three of his closest friends to Mississippi to bring him back.

Jays lose rubber match in Oakland

Surmount 4-1 deficit in top of ninth only to let game slip away

	4	5
	BLUE JAYS	ATHLETICS

The biggest reason for the Oakland Athletics' perfect record this season when leading after eight innings is their stingy relievers.

On a day when the normally reliable bullpen failed, Cliff Pennington bailed the team out.

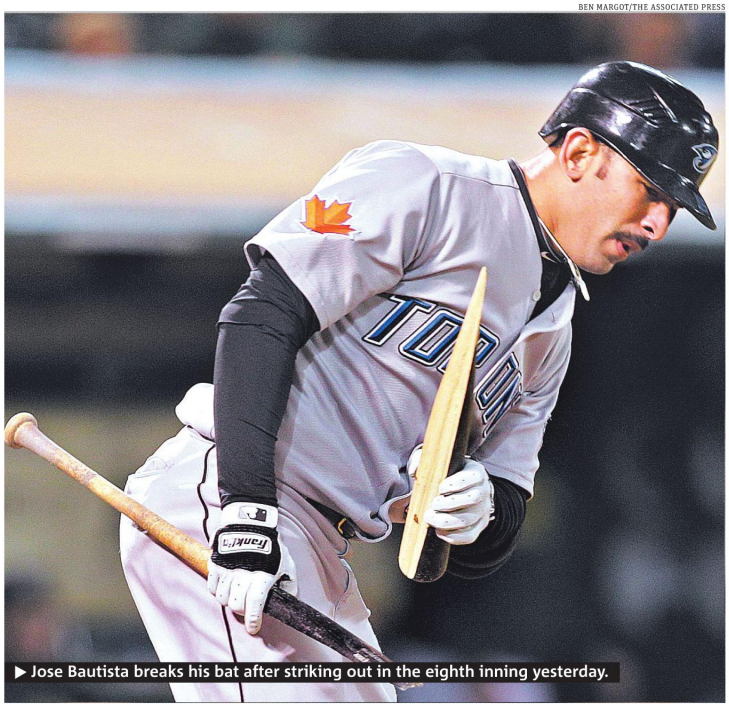
After failing to get a sacrifice down, Pennington managed to win the game with an RBI single in the bottom of the ninth inning that gave the A's a 5-4 victory over the Toronto Blue Jays yesterday.

The A's blew a 4-1 lead in the top of the ninth but managed to pull out the victory to remain undefeated in 51 games this season when they led after eight innings.

Steve Tolleson started the winning rally with a leadoff single against Casey Janssen (4-1). Pennington tried to lay down a bunt but was unable to do it before getting two strikes. After Tolleson advanced on a passed ball by Jose Molina, Pennington was looking to advance the runner with a grounder to the right side.

Pennington did just that and ended up winning the game when the ball made it to right field. Tolleson beat Dewayne Wise's throw home to score the winning run. **THE ASSOCIATED PRESS**

BEN MARGOT/THE ASSOCIATED PRESS

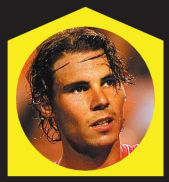


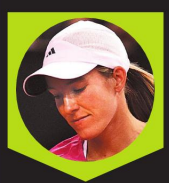
▶ Jose Bautista breaks his bat after striking out in the eighth inning yesterday.

4 sports

Up and down

Rafael Nadal
The top-ranked didn't have much trouble winning his opening match at the Cincinnati Masters. Nadal took control at the start of his 6-2, 7-5 win over American Taylor Dent.





Justine Henin
The former No. 1 will miss the rest of the 2010 season as she recovers from an elbow injury. Henin, 28, suffered the injury at Wimbledon in July. She said on her personal website that she would not be able to practise again until October.

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News in brief

Garcia signs with UFL team

FOOTBALL. Former CFL and NFL star quarterback Jeff Garcia has signed with the Omaha Nighthawks, an expansion team in the United Football League.

Garcia starred for the Calgary Stampeders before heading south where he became a four-time Pro Bowl selection.

He hasn't played in the NFL since the Philadelphia Eagles released him in September.

Braves get Lee for stretch run

BASEBALL. The NL East-leading Atlanta Braves bulked up for the pennant chase yesterday, acquiring slugging first baseman Derrek Lee from the Chicago Cubs for three minor league pitchers.

Atlanta already had Troy Glaus at first base but, in an unexpected move, the team put him on the 15-day disabled list. General manager Frank Wren wants Glaus to rest his legs for a week, then head to triple-A Gwinnett to get in some work at his former position, third base.

Lee is now THE man at first for the Braves.

Union takes K-Rod's side

MLBPA. The baseball players' union filed a grievance against the New York Mets and the commissioner's office yesterday, protesting how the team has handled Francisco Rodriguez since he was injured in a fight at Citi Field.

Flames hire Goulet as scout

HOCKEY. Hockey Hall of Famer Michel Goulet is joining the Calgary Flames as its western professional scout, the NHL team said yesterday

The longtime Quebec Nordiques star will be based in Denver and report to assistant general manager Jay Feaster.

Goulet was fired from his role as assistant GM with the Colorado Avalanche in June 2009 after 15 years with the organization.

METRO NEWS SERVICES

CFL Extra Points

DAN TOTH

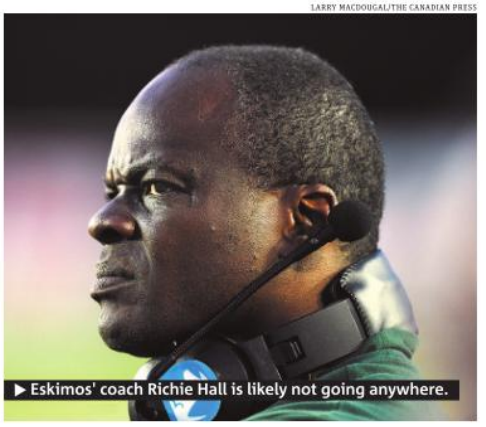
LEAGUE'S TOP REF DEFENDS RECENT CALLS

CFL officials are being flagged by fans, players and coaches across the country for inconsistent pass interference calls, throwing the spotlight on Tom Higgins, the league's director of officiating.

Higgins is aware of the criticism but argues the complex pass interference I rule is often misinterpreted. As Higgins told CFL.ca this week: "Pass interference is the toughest call in football. And, on occasion, it's also the most misunderstood ... People see contact on one play, and a flag, and contact on another, and no flag, and say that's inconsistent. Well, depending on the play, both calls could have been correct." But the problem lies in the way it's being called. Just ask former NFL receivers, who always say one of the toughest adjustments they make when entering the CFL is dealing with the constant "handfighting" by defensive backs. The manoeuvre allows DBs to "interfere" with the receiver and usually isn't called a penalty in three-down football.

One solution is to make all contact between receivers and defensive backs illegal. Doing so would add even more offensive fireworks to an already exciting on-field product, while adding clarity to the pass-interference controversy.

LARRY MACDOUGAL/THE CANADIAN PRESS



▶ Eskimos' coach Richie Hall is likely not going anywhere.

LOPSIDED SCHEDULE

With just eight teams in the CFL, you'd think building the schedule would be easy. A couple hours of free time, a large notepad and a case of beer should be enough, right?

Despite this, the CFL always seems to screw it up.

The Winnipeg Blue Bombers and Hamilton Tiger-Cats met in Weeks 1, 3, 6 and 7. The East Division rivals, battling for a playoff spot, don't face each other again during the regular season. Meanwhile, the Calgary Stampeders and Edmonton Eskimos are in a five-week stretch in which they'll tangle three times.

ESKS' HANDS ARE TIED

Wondering how exactly Edmonton Eskimos head coach Richie Hall can survive after his team simply packed up and quit on him during a 56-15 thumping Sunday night in Calgary?

If the players won't work for Hall, the Esks will need to find a replacement. But the problem is Hall also doubles as the defensive coordinator, a role much harder to fill than the head coaching job.

While linebackers coach Dan Kepley took the fall this week by resigning after the defence's poor performance, replacing Hall means hiring two coaches.

Until the Esks have a new GM, it's unlikely any other staff will be added.

New icing rule gets second look

A hybrid icing rule aimed at reducing dangerous collisions received some extra attention at the NHL's research and development camp.

Organizers decided to extend the rule to yesterday's second session because they felt they hadn't seen enough of it in the first one.

The proposed change gives linesmen the ability to make a ruling on whether a play will be called an icing based on which player reaches the faceoff dot first.

33 The camp is being held with 33 top-ranked players from the 2011 draft class playing a series of simulated games using different rules.

It's designed to eliminate crashes into the end boards that have resulted from players chasing the puck.

A number of NHLers have been injured in that manner — including former Minnesota Wild defenceman Kurtis Foster, who missed most of the 2008-09 season after breaking his leg while racing back to touch the puck for an icing.

Ken Hitchcock, who is coaching one of the teams at the development camp, liked what he saw from the hybrid icing rule.

"It's a competitive and safe way of playing," said Hitchcock.

"You would almost completely eliminate those big injuries that come and yet you're still creating the competition for (the puck). ... For me, it's a real good idea.

"There's no worse feeling than what happened to a guy like Kurtis Foster — there's no worse feeling than to see something where a guy's out for a long period of time and he didn't have to go out."

THE CANADIAN PRESS

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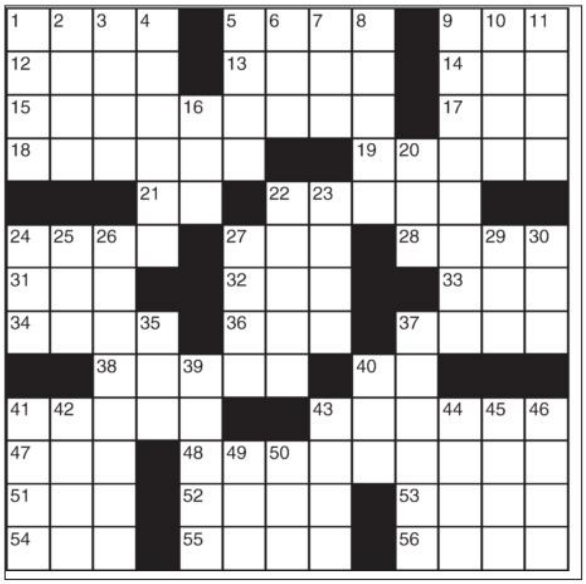
Crossword



Across

1 Unopened roses
5 "Oh, woe"
9 Hair goop
12 Persisting
13 Crooked
14 Past
15 Identifier of a sort
17 Swab
18 Spanish wine
19 Actress Witherspoon
21 "Forget it!"
22 Dr. Salk
24 Martial art
27 Long March leader
28 Hoodlum
31 Loser to Ghana in the 2010 World Cup
32 Mischievous tyke
33 Raw rock
34 Office part-timer
36 "— Miserables"
37 Do laps in the pool
38 Icicles' locations
40 Exist
41 Where the action is
43 Celebration
47 Started
48 Fool
51 Stiller or Stein
52 String instrument
53 — out (supplemented)
54 Alias abbr.
55 Tend texts
56 "— hear you correctly?"

Down

1 Prohibits
2 Hexagonal state
3 One thin —
4 Buffet table fuel
5 With skill
6 Meadow
7 Picnic intruder
8 Unyielding
9 "Jeopardy!", e.g.
10 Hollywood clashers
11 Bound along
16 Expert
20 Dine
22 New Testament book
23 "My bad"
24 Protrude
25 Work with
26 Barry Humphries portrayal
27 Marathon fraction
29 Spoonbender Geller
30 Idaho, the — State
35 Zero-star review
37 Get angry
39 Trumpet feature
40 Chest protector
41 Actress Jessica
42 Stench
43 Fedora material
44 Munro pseudonym
45 Even
46 "The King —"
49 Help
50 Miss Piggy's pronoun

▶ Yesterday's answer

G	O	L	F		D	E	S		O	B	I	S
O	M	A	R		U	G	H		C	E	D	E
U	N	D	E	R	A	G	E		A	V	O	W
P	I	S	T	O	L		M	O	R	E	L	S
			S	C	I		P	A	I	R		
P	A	S		A	T	M		K	N	A	C	K
S	N	U	B		Y	A	M		A	G	U	E
I	N	F	R	A		P	O	P		E	R	G
		F	O	N	D		T	A	M			
G	Y	R	A	T	E		I	C	A	R	U	S
R	O	A	D		C	O	V	E	R	A	G	E
U	R	G	E		O	D	E		D	I	L	L
B	E	E	N		Y	D	S		I	D	Y	L

Sudoku

	4			6				9
		3	8		5			2
			3	1	4			
	6					1		
8	3						2	5
		7					8	
			1	4	2			
6			7		9	8		
1				8			5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	9	6	1	7	5	8	2	4
1	5	7	2	8	4	9	6	3
8	2	4	6	9	3	5	7	1
4	3	1	8	6	9	7	5	2
9	7	8	5	3	2	1	4	6
2	6	5	4	1	7	3	9	8
6	1	2	9	5	8	4	3	7
7	8	9	3	4	6	2	1	5
5	4	3	7	2	1	6	8	9

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Jesse; 3 years together already baby! Guess its really true- All you need is love!
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LOVE, KULOT

Shotgun Shorty you sit passenger in the ride. You stay close, stay ready like the shotty on the side. And as life unfold around you, make sure your eyes stay open wide, cause Shorty know a Shotgun make a Superheros bride.. Happy 7 Months Baybee. **LOVE YOU**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 10° Max 24°	Min 8° Max 21°	Min 7° Max 23°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Look and act confident in everything you do today and you will accomplish great things. Fortunately as an Aries you don't really have to act: you know you are the best.

♉ Taurus April 21-May 21 Each way you turn today there will be someone who rubs you up the wrong way. You might want to get angry with them but the planets warn that if you react it will only make matters worse.

♊ Gemini May 22-June 21 A conversation you listen in on today will get you thinking, but before you act make sure it's reliable. Just because someone says it does not make it true.

♋ Cancer June 22-July 22 You will find it difficult to keep your opinions to yourself today, and the result could be a major argument. You have important things to say and if others get annoyed it means you are saying them right.

♌ Leo July 23-Aug.23 Don't be too hard on yourself if you have made some kind of mistake. The important thing is that you learn from it and don't make it again.

♍ Virgo Aug. 24- Sept. 22 Take control of your life and stay in control no matter how much others might pressure you to let them make decisions for you. Trust no one but yourself over the next 24 hours — and even then not entirely!

♎ Libra Sept. 23-Oct. 23 You may look confident on the outside but on the inside you are worrying yourself sick about something that should have been dealt with a long time ago.

♏ Scorpio Oct. 24-Nov. 22 You will find yourself at odds with those around you today, especially if you are one of those Scorpios who insist on putting their feelings into words no matter what effect it might have on others.

♐ Sagittarius Nov. 23-Dec. 21 Authority figures seem to be giving you a lot of grief at the moment, but the good news is that today's cosmic influences will help you turn on the charm.

♑ Capricorn Dec. 22-Jan. 20 Focus your mind in one particular direction and don't let anything distract you. If you try to get your thoughts round several things at once you will only confuse yourself.

♒ Aquarius Jan. 21-Feb. 18 Be careful you don't let slip information that is not yours to divulge. If you do it is unlikely that a friend will ever trust you again.

♓ Pisces Feb. 19-March 20 You enjoy taking an opposing viewpoint to everyone else, because it gives you the chance to show how tough-minded you can be. Today though you must be careful who you disagree with.

SALLY BROMPTON

Caption contest

JOEL PHILIPPSEN/THE ASSOCIATED PRESS

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MARK BAKER/THE ASSOCIATED PRESS

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